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The last Border Eagle issue of 2001 will be published Dec. 21. The first issue of 2002 will be published Jan. 11. Please plan submissions accordingly.

Air Power

Quote of the Week

"In order to assure an adequate national defense, it is necessary – and sufficient – to be in a position in case of war to conquer the command of the air."

—Italian Gen. Giulio Douhet

Base leaders test new paintball field

By Airman Timothy J. Stein

Staff writer

The Chiefs and Eagles squared off in a paintball match Monday at the new paintball field here to raise money for charity and bring visibility to the new facility.

Col. Rick Rosborg, 47th Flying Training Wing Commander, finally called the match a draw after each team won several games. When the dust settled, the matchup raised \$225 for Operation Jingle, a base charity that helps supply presents to Laughlin families during the holidays. Each team also donated five Christmas turkeys.

The match started with an

See 'Paintball,' page 4



Photo by Airman 1st Class Brad Pettit

The Chiefs and Eagles begin their paces in a shoot-out at the base paintball field Monday. The Chiefs and Eagles squared off to raise money for Operation Jingle, which supplies Christmas gifts to needy base families. Approximately \$225 was raised, and each team bought five turkeys for the Laughlin charity.

Trap and skeet range, hunting now available

By Airman 1st Class Brad Pettit

Editor

Laughlin people now have the opportunity to brush up their marksmanship skills and use those honed skills to hunt on base.

The base trap and skeet range, located behind the base exchange on the road toward the radar approach control building, is now open for base shooters from noon until 6 p.m. every Saturday. Laughlin hunting has resumed as well.

Several safety requirements are in place to protect shooters and hunters, and everyone is reminded that safety is key.

"Those who choose to use the shooting facilities or hunt on base should always keep safety in mind," said Col. Rick Rosborg, 47th Flying Training Wing Commander. "You can never be too safe."

Range officers must be present at the trap and

See 'Shooting,' page 4

Base volunteers to visit Del Rio Nursing Home

By Airman 1st Class Brad Pettit

Editor

A group of Laughlin people are planning to bring joy to the hearts of Del Rio Nursing Home residents by paying them a special visit this holiday season.

Members of the 47th Contracting Squadron are seeking volunteers who are willing to accompany them to the nursing home Wednesday at 3:30 p.m. to take gifts, play bingo with residents, and sing Christmas carols.

"The holiday season is a time for giving and sharing with others," said Michelle Bosarge, event point of contact. "We planned the visit to spend time with those who might not have the opportunity to be with family this holiday season. We are willing to do what we can to make their holiday season more enjoyable."

For more information on the trip, or if you would like to accompany the group, call Michelle Bosarge at 298-5495.



Commanders' Corner

By Lt. Col. Jeff Ellis

87th Flying Training Squadron Commander

Mission: why we forge ahead

Every once in the while some of the young guys will ask me why I stayed in or why I didn't get out and fly for the airlines.

The short answer is that for 20 years now I have been having fun. When I look back on 20 years in the United States Air Force, sometimes it feels like two weeks. Time just doesn't fly in a prison sentence; it only flies when your diggin' what you do, and you know some day it's all going to end.

I like wearing the bag. I like flying airplanes. I like moving every couple of years, new places, new people, new jobs. Most of all, I just like the people I have the opportunity to work and fly with — the squadron bros. I don't care how old or senile I get, I'll always remember the bros.

My subconscious is saturated with the stories and escapades of the guys I flew airplanes with. The professionalism, the talent, the buffoonery, and, most of all, the laughter of

the finest this country has to offer. For me it's the small things like 4/5/6, Sammy Small, the dollar bill game, Binions Horseshoe and the 25 Club — just like the commercial, "It's priceless." I may be in the minority here, but I like the deployments, I like going to Saudi, I like going to Turkey, and I really like going to Vegas. I just plain like being in the show. Call it selfish, but I can't fathom being on the sidelines and out of the show, letting someone else go out and have all the fun.

You only have one life to live, and I can't see doing the same thing day in and day out. This may sound stupid, but I sort of equate my time in the Air Force to the words of a Jimmy Buffet song: "If you ever wonder why you ride the carousel, you do it for the stories you could tell."

Throughout the Air Force's very short existence, our history has been forged in fire by the iron captains and

noncommissioned officers who have time and again "hacked the mission" no matter what the odds.

It starts with the first two bomber groups in England in 1942. Their marching orders were, "Go to Germany, in daylight, unescorted and deliver the ordinance precisely." They did, and the thousands of graves at the 8th Air Force cemetery in Cambridge, England, account for their devotion and sacrifice. Let the history pundits debate the success of their campaign, the bottom line is, those guys "hacked the mish."

Later on the orders were to "feed and supply Berlin, by air, for as long as it takes." They hacked the mish. During the Korean War it was, "Destroy the Chinese Air Force, but don't go north of the Yalu River, make them come get you." Those captains hacked the mish.

See 'Mission,' page 3

Top Three Talk

By Master Sgt. Brian Lewallen

47th Operations Support Squadron

host aviation resource management superintendent



Air Force offers many rewards, few regrets

I knew very little about the military. No one in my family had a military background, but I was ready to try something new so I went to the recruiter and raised my right hand. I wasn't sure what I wanted to do but thought the military would be a place I could get a paycheck until I decided what career to pursue. At the time I didn't know the Air Force would be my career.

It only took me a year or so to decide to stay. It was an easy decision. It wasn't the benefits or the

pay that made me stay. I felt a sense of pride being part of the Air Force team and wearing the uniform of this great country.

My goal once I decided to stay was to make the rank of master sergeant. I set that goal because it would be all up to me to reach it. No board scores or intervention from anyone else, just me. I reached that goal the last promotion cycle. It taught me a lesson I've been told my whole career: "If you want to be promoted you have to take the time

to study."

My decision to stay has given me so much: a great career, a chance to see the world, educational benefits and an opportunity to retire after only 20 years, just to name a few. I also credit the Air Force for my wonderful wife. If I had not joined I would have never met her.

As I look back over the past 16 years, I have no regrets. It was my choice to join and my choice to continue. If I had it all to do over again, I wouldn't change a thing.

Border Eagle



Editorial Staff

Col. Rick Rosborg
Commander

1st Lt. Dawnita Parkinson
Public affairs chief

2nd Lt. Jessica Miller
Internal information chief

Airman 1st Class Brad Pettit
Editor

Airman Timothy J. Stein
Staff writer

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Submissions can be e-mailed to:
bradley.pettit@laughlin.af.mil
timothy.stein@laughlin.af.mil

"Excellence — not our goal, but our standard."

— 47th FTW motto

FPCON Bravo

Laughlin is currently in Force Protection Condition Bravo. All people should remain vigilant and report suspicious activity to security forces at 298-5100.

Be careful during holiday season

By Gen. John P. Jumper

Air Force chief of staff

The winter holiday season has arrived, and I want to emphasize the importance of the Air Force's most critical asset – you.

Today we are engaged in missions worldwide, including defense of our own homeland. All of you are performing superbly.

The holidays this year will have special meaning. Friends and family share a new and special bond following the tragedy of Sept. 11. Airmen are respected by their fellow Americans as we help carry out America's war on terrorism.

Taking care of one another has never been more important whether flying combat missions, building expeditionary facilities or driving to grandma's house.

I ask each of you personally to embrace two fundamentals: Use your seat belt; and don't you, your family or your friends drink and drive.

The loss of one of our Air Force family for any reason is heartbreaking enough. To lose one

of our airmen or a family member to an alcohol- or seat belt-related incident that we could have prevented would be devastating.

Please remember it is often the other care-less person who causes a disaster. Be alert to the other guy who is drinking; worry about everyone else when you drive.

There is no more important time than now for leaders to lead. Don't let holiday cheer impair your responsibility to make the right decisions: in the air, on the flight line or driving to grandma's house. Stay alive and well this holiday season.

Ellen and I wish you and your families the very best during this holiday season – and to those deployed, we look forward to your safe return.



(Courtesy photo)

Gen. Jumper

'Mission,' from page 2

Then there was Vietnam: "Go to Hanoi, same times, same routes, same freqs. The Mig airfields are off limits, and don't attack the SA-2 sites unless they fire at you. By the way, your target is a suspected truck park on the Ho Chi Minh Trail. Do it 24/7 for five years." They paid for it in blood and torture. Very few words can sum up what they unselfishly gave to that war. To me, those bros set the

standard for hackin' the mish.

So, why do I stay in? Yes, I have fun every single day I wear the uniform of this outfit. It's the job, it's the adventure, but mostly it's the bros. It's the bros who have gone before and written our history. It's bros who make up this Air Force today.

The years go by, but they remain the same. A bunch of professionals, ready to get the maximum out of every minute of every hour of every day, no

matter what the job, the rules or the politics. The few great captains and NCOs of this Air Force will always hack the mish. They always have, and they always will.

So the short answer is that I like the company I keep here in this Air Force, and they are going to have to kick my rear end out the front gate before I give it up. Until then I'll just be trying to go to the show and think of the stories I can tell. And do my best to hack the mish.

Community Update

Chlorine in water

The safety of base water is monitored by the 47th Civil Engineer Squadron's bioenvironmental flight. Following repairs to the water distribution system, the 47th CES increases the chlorine content of the water to ensure the po-

table water stays safe for consumption. This may be why the smell of chlorine is sometimes stronger than others. The base tests the water once a day at eight different locations, so you can rest assured it is safe.

Status on microwave repairs

Repairs on the base's 90 Whirlpool/Kenmore microwaves recalled in October are being handled by Sears. The repair instructions went to the technicians the first week of December. Laughlin has called the

technicians to schedule repairs, but hasn't received a schedule. The local Sears can do the fix but is waiting for the repair kits, which will be in sometime in the next few weeks.

Actionline

298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Equal Employment Opportunity	298-5879
FWA hotline	298-4170
Hospital	298-6311
Housing	298-5904
Information line	298-5201
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810



Rick Rosborg
Col. Rick Rosborg
47th FTW Commander

Airmanship

Intended to help all airmen articulate the Air Force's vision of aerospace power

What is strategy?

Strategy is a methodology to accomplish objectives with the resources available. Strategy answers the question, "How are we going to do what we want to do?" Strategy is a plan of military action, ideally based on doctrine, originating in policy, and shaped by situation-specific variables. Strategy, like policy, is not doctrine.

Base volunteers needed

Laughlin volunteers are needed for the Military Liaison Team program. The MLT program is a high priority, high visibility effort of national importance. It requires Air Force people to deal with senior officers in countries that have had few previous contacts with the U.S. military. The tour length is 179 days.

For more information, call 298-5276 or 5277.

Scholarships offered

Applications and fact sheets for the 2002 Scholarships for Military Children program are now available for pickup at the commissary and at www.commissaries.com. The deadline for filling completed applications for the \$1,500 scholarships is Feb. 5, 2002.

For more information, call the commissary at 298-5815.

Cub Scouts sell popcorn

Cub Scout Pack 204 will sell popcorn from 10 a.m. to 2 p.m. Saturday at the base exchange.

For more information, call Kevin or Michele Smith at 298-2056.

News

Cookie exchange scheduled

The Officers' Spouses Club will host a cookie exchange at 9:30 a.m. Tuesday at Club XL. The cost is \$7 per person. Those attending should bring three bags of cookies, six per bag with the recipe attached.

R.S.V.P. to Jackie Oberdieck at 298-7201.

Animal food collected

Animal food is currently being collected at the 47th Flying Training Wing headquarters building for the annual Operation Kindness campaign.

Food can also be dropped off from 9 a.m. to 2 p.m. Thursday at the commissary parking lot. Food and blankets will be picked up on request by calling Staff Sgt. Bogumil at 298-5707 or sending e-mail to samantha.bogumil@laughlin.af.mil. Food collected goes to the Del Rio Animal Shelter.

Basketball team forming

A Laughlin women's basketball team is form-

ing. The team will compete against other bases in the southwest Texas area.

If you are interested in joining or would like more information, call 298-5698 by Dec. 21.

Promotion ceremony set

An enlisted promotion ceremony will take place at 8 a.m. Dec. 21 in Club Amistad.

For more information, call Master Sgt. Sandy Harper at 298-5068.

Health council meeting set

The next Health Consumers Advisory Council meeting is scheduled for 1 p.m. Jan. 4 in the 47th Flying Training Wing conference room.

The Health Consumers Advisory Council is a forum for exchanging information between the providers and consumers of health care at Laughlin. HCAC representatives, commanders and first sergeants meet with members of the clinic executive committee once a quarter on an informal basis to discuss satisfaction or concerns regarding base health care.

For more information or to indicated attendance, call Mina Stover at 298-6311.

'Shooting,' from page 1

skeet range anytime they are in use. Range officers are base volunteers who have received proper training and education on shooting safety and the mechanics of the trap and skeet machines. Range officers are currently needed.

The following steps are required to become a range officer:

- Schedule an appointment with Doug Peckham, outdoor recreation director, at 298-5830.
- Shoot at the range with range officers at least twice.
- Be familiar with the range equipment.
- Demonstrate your knowledge of shooting and gun safety in the presence of range officers.
- Return to outdoor recreation to receive and read a copy of range safety procedures and operating instructions.
- Sign a letter to become an official range officer.
- Give your phone number to outdoor recreation so people wanting to use the facilities can call you to meet them there.
- Perform range duty bimonthly to

maintain range officer status.

For more information on the trap and skeet range, call 298-5830.

Once base shooters have improved their skills at the range, they may want to hunt on base. Hunting on base is authorized for active-duty and retired military people, Department of Defense employees and their families, and other federal employees in the local area.

Authorized people wanting to hunt on base must have a valid Texas hunting license for the type of game they wish to hunt and a base hunting permit, said Staff Sgt. Kurt Rohl, Laughlin game warden.

"All hunting areas are clearly marked off with signs," said Rohl.

Rohl said people should not enter hunting areas for the purpose of jogging, biking or horseback riding. The area for those activities is the wooded area from the main gate westward to the west gate.

Anyone born on or after Sept. 2, 1971, has to take a hunter education class in order to hunt in Texas. For updates on future classes, call Texas Parks and Wildlife at (800) 792-1112.

For more information on base hunting, call Rohl at 298-5972.

'Paintball,' from page 1

old-fashioned duel. The teams, comprised of 10 players each, lined up back to back and marched off in opposite directions until the referee told them to turn and fire. Each player was armed with five shots to fire at any member of the opposite team. The winner was decided by counting the total number of paint hits on each team's members. The Chiefs won the first round with a score of 13-5.

The second round was played the same way, but with a twist. The spectators had to buy the paintball rounds at 1\$ each. Each team was supplied with 118 paintballs, with the proceeds going to Operation Jingle. The Eagles won this round with a score of 31-28.

Next, the teams played two games of capture the flag. In this game, the teams started at opposite ends of the field and tried to gain control of a flag placed in the middle. Eliminating all the other players on the opposite team or carrying the flag to the opposing team's starting point without getting hit won the game.

The Eagles eliminated all the Chiefs players to win first game.

The Chiefs then rebounded by capturing the flag and carrying it to the opposite end of the field to win the second game.

Col. George Doran, 47th Flying Training Wing Vice Commander, then faced off against Master Sgt. Rolland Roth, 47th Security Forces Squadron manager, in a one-on-one duel. Both combatants got hit three times, propelling Rosborg to call the entire match a draw.

The paintball field is open Saturdays and by reservation if there is a minimum of 16 players. The cost for playing is \$12 for a half day with gun rental, \$20 for a full day with gun rental, \$7 for a half day without a gun rental and \$15 for a full day without a gun rental. Half-day prices include 100 paintballs and one Co2 fill-up. Full-day prices include 200 paintballs and one Co2 fill-up.

"It took a month and a half to build and it still needs work," said Doug Peckham, 47th Services Division outdoor recreation director, about the paintball facility. "We are always looking for volunteers to help finish it."

For more information on the field, call outdoor recreation at 298-5830.

Interested in the Air Force? *Call Del Rio's Air Force recruiter at 774-0911.*

Photo by Airman Timothy J. Stein

Cookie monster

Chief Master Sgt. Stephen Enyeart, 47th Flying Training Wing command chief master sergeant, bags cookies at the Laughlin Chapel Dec. 7 in support of the annual Cookie Caper. The Cookie Caper is a basewide program whose purpose is to deliver cookies to single airmen, reservists and family members of deployed people. Hundreds of cookies were bagged and delivered to 550 base airmen.

Friday, Border Eagle.
Wednesday, this newspaper:
<http://www.af.mil/newspaper>

SUPT Class 02-03 members graduate today,

Compiled from staff reports

Student Undergraduate Pilot Training Class 02-03 graduates at 10 a.m. today in the Anderson Hall auditorium.

The 52-week SUPT program prepares student pilots for the spectrum of Air Force aircraft and flying missions.

Training begins with three weeks of physiological and academic training to prepare student for flight.

The second phase, primary training, is conducted in the twin-engine, subsonic T-37 "Tweet." In the T-37, students learn flight characteristics, emergency procedures, takeoff and landing, aerobatics and formation flying.

After primary training, the future pilots are selected for advanced in-

Retired Maj. Gen. Gerald Prather, currently a vice president in Del Rio's Military Affairs Association, will be the guest speaker at today's graduation.

flight training in a specialized track.

The tracks include tanker, bomber and cargo aircraft training in the T-1 aircraft; fighter training in the T-38; turbo propeller aircraft training in the Navy's T-44; and helicopter training in the Army's UH-1. Advanced training in a track takes about 26 weeks.

Graduates of Class 02-03 have been assigned to aircraft at duty stations throughout the world.



Capt. Brady Caldwell
C-17, Charleston AFB, S.C.
Class leader



Capt. Jason Stinchcomb
F-15, Tyndall AFB, Fla.
Assistant class leader



(Courtesy photo)

Pictured are the three jets used to train Laughlin student pilots. Clockwise from left are the T-38 Talon, T-1A Jayhawk and T-37 Tweet.



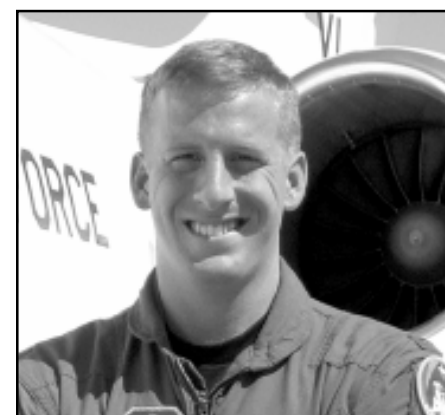
Capt. Reinaldo Pastora
KC-135, Mildenhall AB, UK



Capt. C. La Rue Russel
A-10A, New Orleans, La. (AFRES)



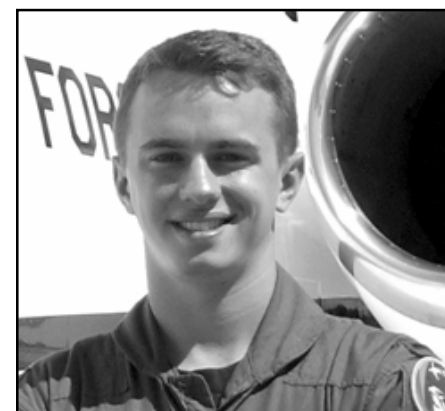
1st Lt. Kevin Doucet
KC-135, McConnell AFB, Kan.



1st Lt. Robert Magnuson
C-21, Scott AFB, Ill.



1st Lt. Scott Meng
F-16, Luke AFB, Ariz.



1st Lt. Jason Morrison
C-21, Offutt AFB, Neb.



1st Lt. Michael Mosley
KC-10, Travis AFB, Calif.



1st Lt. M. Leigh Noel
F-16, Luke AFB, Ariz.

transition from students to Air Force pilots



2nd Lt. Sean Angus
C-17, McChord AFB, Wash.



2nd Lt. Joseph Bemis
F-16, Luke AFB, Ariz.



2nd Lt. Fabio Bongiorno
BR-150, Italy



2nd Lt. Lawrence Hoffman
KC-135, McGuire AFB, N.J. (ANG)



2nd Lt. Jeremy Larson
KC-135, Spokane, Wash. (ANG)



2nd Lt. Michael Murphy
KC-135, Grand Forks AFB, N.D.



2nd Lt. Raffaele Orsolini
HH-3F, Italy



2nd Lt. Michael Ramsay
C-130, Boise, Idaho (ANG)



2nd Lt. Ryan Rensberger
T-38, Laughlin AFB



2nd Lt. Jayson Rickard
F-16, Luke AFB, Ariz.



2nd Lt. Eric Schneider
C-17, McChord AFB, Wash.



2nd Lt. John Sebesta
C-5, Travis AFB, Calif.



2nd Lt. Brian Thompson
F-15, Tyndall AFB, Fla.



2nd Lt. Paul Townsend
F-15, Tyndall AFB, Fla.



2nd Lt. Stewart Wells
T-37, Laughlin AFB



2nd Lt. Jesse Woolley
C-17, McChord AFB, Wash.

Military Star card interest rates drop

The good news continues for Military Star card holders. For the ninth time this year, they will benefit from yet another drop in the card's interest rate.

With the latest announcement by the Federal Reserve, key interest rates were lowered by a half percent. As a result, the Military Star card is reducing its interest rate from 10.25 percent to 9.75 percent. The interest rate on the Military Star card

has dropped nearly five percent since January and is at its lowest point since the card was introduced.

This latest decrease broadens the highly competitive rate of the Military Star card versus other credit cards. According to www.bankrate.com, the average variable rate for a standard credit card is 13.84 percent, a gold card is 13.17 percent and a platinum

card is 13.17 percent.

The Military Star card, which is not a bank card, is comparable to a private label credit card, similar to those offered by retailers such as Sears, J.C. Penney, Home Depot and Target. Depending on a customer's payment history, these companies will offer interest rates ranging from 21 percent to 24.99 percent.



The new rate does not apply to military clothing plans, special promotions already in existence, or other special programs which may offer reduced rates such as reduced interest for direct orders.

The Military Star card is accepted at all military exchanges, including catalog and military clothing stores operated by AAFES and Marine Corps exchanges.

(Courtesy of AAFES News Service)

'Friendly fire' accident kills three

**By Army Sgt. 1st Class
Kathleen T. Rhem**

American Forces Press Service

Three U.S. special operations servicemembers were killed Dec. 5, and as many as 19 others were injured in a friendly fire incident north of Kandahar, Afghanistan, Defense Department officials said.

A B-52 Stratofortress bomber dropped a 2,000-pound precision-guided Joint Direct Attack Munition near the troops, Pentagon spokeswoman Victoria Clark said.

The injured Americans and an indeterminate number of wounded Afghan opposition troops were moved to a coalition-held base camp south of Kandahar. Depending on their injuries, some may be evacuated for more comprehensive medical treatment.

The names of those killed and wounded

are being withheld until their families are notified, Clark said.

In a separate incident Dec. 4, a U.S. servicemember was shot in the shoulder in Afghanistan and is reported to be in stable condition in a U.S. medical facility in Oman, officials said. No other information on this person was released.

The department's thoughts and prayers are with the injured servicemembers and the families of those killed and wounded, Clark said.

The accident is the second friendly fire incident involving U.S. troops in Afghanistan. On Nov. 25, four soldiers and an airman were injured during an air strike intended to quell a prison riot near Mazar-e Sharif. The five were evacuated to Germany for medical treatment.

T-6A approved for full-rate production

The Air Force has approved full-rate production of the Joint Primary Aircraft Training System.

Darlene Druyun, Air Force acquisition and management principal deputy assistant secretary, signed an Acquisition Decision Memorandum Dec. 3 authorizing the service to procure additional T-6A Texan II aircraft and related systems, in addition to the 168 aircraft already ordered from prime Raytheon Aircraft Co.

The action also permits award of the follow-on contract, valued at \$1.4 billion

later this month.

"The T-6A Texan II aircraft is the safest, most cost-effective, joint primary pilot training tool available in the Free World today," said Col. Toni Arnold, Flight Training System Program Office at the Aeronautical Systems Center director at Wright-Patterson Air Force Base, Ohio. "This approval affirms that — as well as the thousands of Air Force military and civilian and defense contractors who team together every day to produce and improve its 21st century capabilities."

The colonel said the Air Force has solutions in place for previous problems with air conditioning and UHF radio reception, and that ASC is in constant communication with Air Education and Training Command and the Chief of Naval Air Training to ensure JPATS meets future training requirements.

Nearly 50 operational T-6A aircraft are in the Air Force inventory. They are used to train instructor pilots at Randolph Air Force Base and student pilots at Moody AFB, Ga.

(Courtesy of AETC News Service)

Heavy issue: Study aims to improve weight management

By Tech. Sgt. Steve Elliott

Lackland Air Force Base

Wilford Hall Medical Center Public Affairs

America is fast becoming a nation of overweight people, and the Air Force is not immune to the trend.

About 54 percent of military people are overweight and 6.2 percent are obese, according to a study done by Dr. Richard Atkinson, a professor of internal medicine at the University of Wisconsin and reported by Reuters News Service.

In the civilian world, the majority of overweight people are women, while in the military, the reverse holds true. Atkinson cites a study that shows 58.6 percent of the men and 26.1 percent of the women in the military are overweight.

"About 600 people are separated from the Air Force every year for weight reasons. That's 600

potentially productive people lost," said Capt. (Dr.) Christine Hunter, director of clinical programs and research in the Wilford Hall Medical Center clinical health psychology service, and the Air Force's principal investigator for the \$1 million study.

Dr. Hunter's study is a joint project with Dr. John Foreyt at the Baylor College of Medicine.

"About 600 people are separated from the Air Force every year for weight reasons. That's 600 potentially productive people lost."

-- Dr. (Capt.) Christine Hunter

Wilford Hall Medical Center

clinical programs and research director

can be very stressful for those people in it. We want to find ways to help people manage their weight successfully before being placed on the weight management program."

She said while the Air Force wants to help

The study was recommended for funding by the Department of Defense Peer Reviewed Medical Research Program.

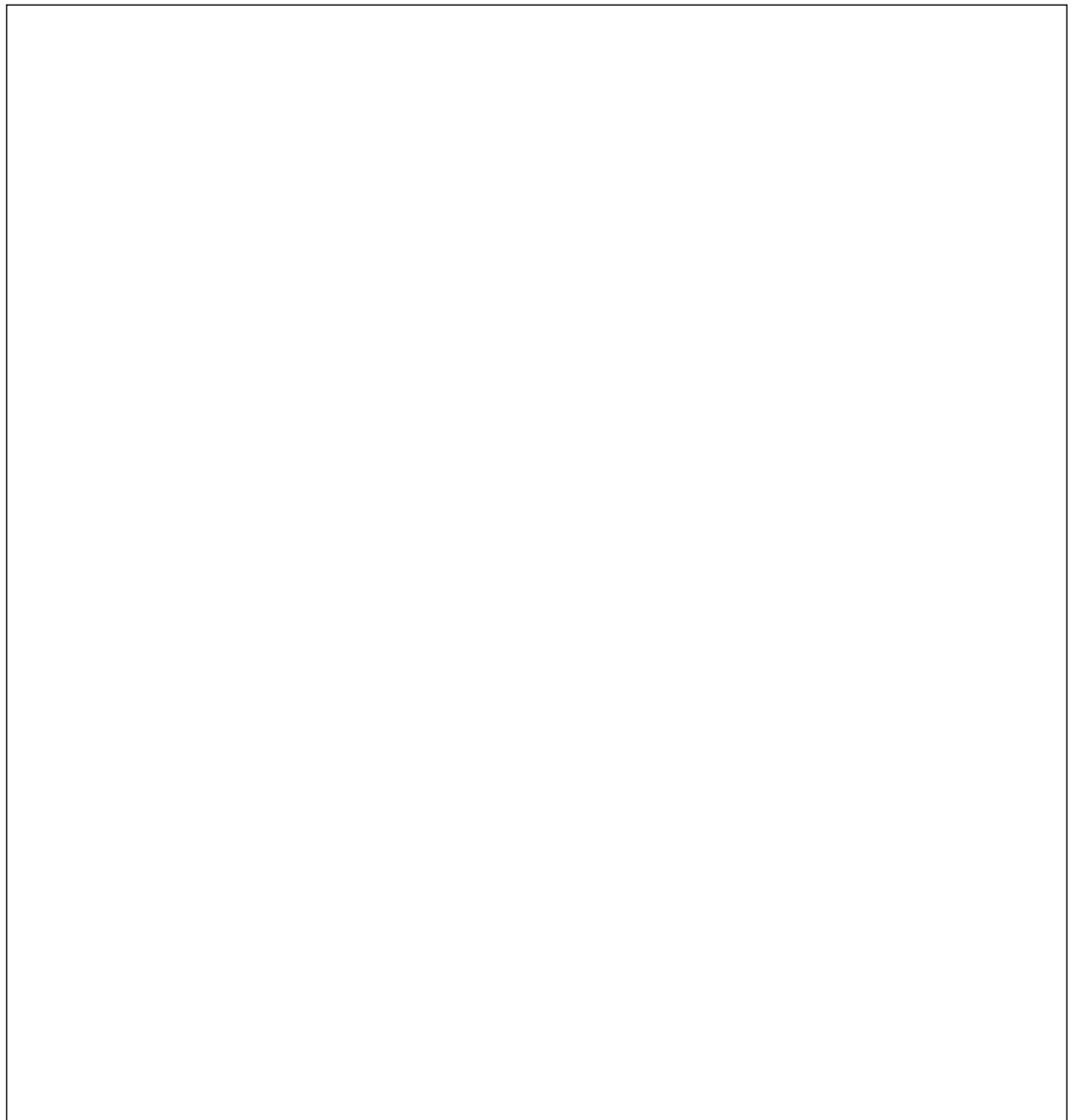
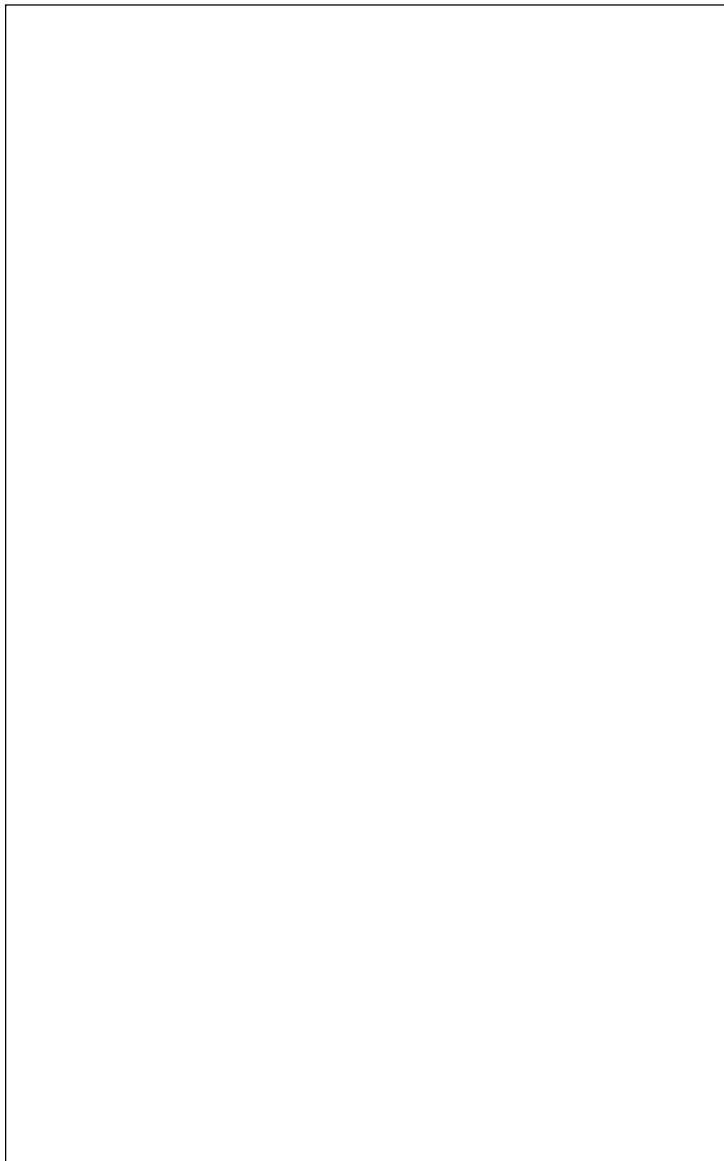
"We need to find non-punitive and practical ways to help our personnel lose weight," she said. "The weight management program

people before they get on the weight management program, the service also wants to create a flexible, but comprehensive program that can supplement the efforts of people who are in the program.

"The heightened stress of administrative placement on the weight management program may also make it more difficult for some people to lose weight, and they might be more likely to go to some extreme, such as going on fad diets, using diuretics, exhibiting bulimic behavior, fasting, saunas, or laxative use," Dr. Hunter said. "One study found that Air Force personnel on the program are two to five times more likely to engage in bulimic behavior than comparison groups of civilians or active duty not on the weight management program."

Presently, when an Air Force member is identified as being overweight or over their body fat, they are assessed by medical staff and then entered into the Weight and Body Fat Management Program for an initial 90-day exercise and dietary period. After that, they are entered into a specific phase depending on their progress.

See 'Study,' page 12





'Study,' from page 11

In the Air Force, about 22 percent of people weighed during the annual cycle ergometry test are tipping the scales as overweight with nearly 10 percent just five or fewer pounds below their the maximum allowable weight. These percentages are getting higher every year, Hunter said.

In the proposed study, prospective participants will be identified through cycle ergometry weigh-ins, since these weights are not officially entered into a person's record. If they are five pounds under their maximum weight or above, they'll be contacted to see if they want to participate. Those who are interested will come to an orientation session to get some measures taken, such as height and weight, and will be asked about their perceived energy, dieting history, exercise schedule and other items.

"Half the participants will be randomly assigned to usual care, which is whatever they might naturally do or be told by the Air Force to do," Hunter said. "The other half will be put in the minimal contact behavioral therapy program in addition to whatever usual care services they take part in."

In the second group, the participants will have access to all usual resources, such as the Health and Wellness Center and other programs. However, they will also get a weight-loss manual and two follow-up phone calls from a weight management counselor to plan their own program and help solve problems.

Additionally, they will get six months of special access to a Web site where they can get individualized feedback on their exercise and diet plans, ask questions and have access to different educational material to complement the program.

Both groups will come back at the end of six and 12 months to re-assess their progress. The goal is to provide them with a flexible means of getting expert help and sustained guidance in their weight loss efforts.

About 1,200 people would take part in the study, with the participants coming from Lackland, Randolph and Brooks Air Force bases in San Antonio.

"Weight management in the military is a real hot area," Hunter said. "It's a complex problem that will take a complex answer. We hope this can be a piece of the solution by offering a more flexible program. If this program is successful, it can be easily disseminated and distributed throughout the Air Force."

She said the goal is to find something everyone can do, no matter what their schedule, to help people before they get on the weight management program.



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The *XLer*

Hometown: Elyria, Ohio

Family: Husband, Paul; daughter, Taylor, 2 1/2 months; dog, Yogey Bogey

Time at Laughlin: 5 years, 8 months

Time in service: 6 years

Name one way to improve life at

Laughlin: An indoor archery range

Greatest accomplishment:

Coming back to work after my daughter was born

Hobbies: Cross-stitching, sewing, anything crafty and fishing

Bad habit: Starting something and not finishing it

Favorite film: Monty Python and the Holy Grail

Favorite musician: Toby Keith

If you could spend one hour with any person, who would it be and why? My grandfather. He is terminally ill and I want him to see his great-grandchild.



Photo by Airman 1st Class Brad Pettit

Staff Sgt. Samantha Bogumil

47th Flying Training Wing command post training noncommissioned officer in charge



Photo by Airman 1st Class Brad Pettit

Flying spouses

1st Lt. Jesse Baker (from left), 86th Flying Training Squadron pilot, Mary Angela Johnson, wife of Maj. Roger Johnson, 47th Flying Training Wing director of staff, and 1st Lt. Dave Fazenbaker, 96th FTS pilot, pose for a photo prior to the take off of Mrs. Johnson's Spouse Flight in a T-1A Talon aircraft. The Spouse Flight program is held biannually and allows Laughlin spouses to see what their husbands or wives do every day to accomplish the base mission.

Thinking about getting out? Think again!

Call Master Sgt. Jimmie Davis,
47th Flying Training Wing career assistance adviser,
at 298-5456 for guidance.

Commissary focus group gives voice to customers

By Kevin Robinson

Defense Commissary Agency

When customers talk, commissaries listen. The resulting feedback helps store directors gauge customer satisfaction and improve their stores.

One of the most popular methods for store directors to solicit customer feedback is by talking to a cross section of patrons in focus groups.

Through the focus group forum, customers can offer opinions, viewpoints and perceptions about a topic under the direction of a moderator. A focus group seeks a variety of customers who reflect the store's patron demographics. A focus group is not an advisory council, where unit representatives meet to talk about issues affecting their organization's use of a commissary or military exchange.

Focus group participants don't represent anyone but themselves. There are no "permanent" members because patron participation changes with each meeting.

At the Scott Air Force Base, Ill., commissary, focus groups are considered one of the ideal ways to "mingle with the community," said Jo "Josie" McKinney, store product coordinator and meetings moderator. "You know the saying about how many friends an unhappy customer will tell ... well, it works both ways. When our focus group participants leave here they leave with the feeling that somebody really does care, and they do tell their friends."

Often, focus group participants will talk about the products that are, or are not, in the commissary, McKinney said.

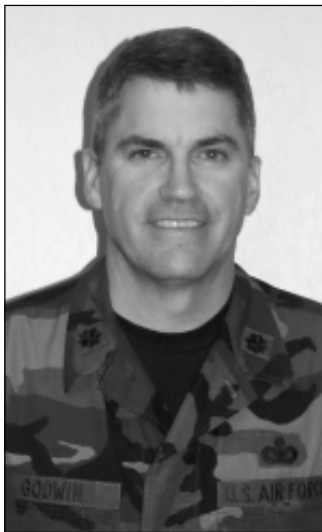
Listening to customers is also at the top of the itinerary for Air Force Maj. Gen. Robert J. Courter Jr., the Defense Commissary Agency director, when he tours commissaries worldwide. He sees focus groups as an "important customer service tool."

"They talk, we listen and they get answers — right away," Courter said. "Listening to our customers gives us important information which we can use to determine whether the products and services offered at a specific location are truly responsive to the needs of that store's customer demographics."

The Laughlin Commissary will host a focus group meeting at 1 p.m. Jan. 15 in the commissary training room. For more information, call the commissary at 298-5815.



What holiday greetings would you like to send to deployed Laughlin people?



Lt. Col. Peter Godwin
47th Flying Training
Wing inspector general

"I wish my fellow Laughlinders a most joyous holiday season and prosperous 2002."



Melinda Morrison
Family member

"Happy holidays. I hope that everyone will come home safely."



Airman Evelyn Funchess
47th Flying Training
Wing information manager

"Keep charging and you're in our hearts this holiday season."

Chapel Schedule



Catholic

- Saturday* - 5 p.m. - Mass
- Sunday* - 9:30 a.m. - Mass
- 11 a.m. - Little Rock Scripture Study in Chapel Fellowship Hall
- Confession by appointment
- Thursday* - 6 p.m. - Choir
- Saturday* - 5 p.m. - Mass
- Tuesday-Friday* - 12:05 p.m. Mass
- Holy days of obligation* - 12:05 p.m. and 7 p.m.
- Christmas Eve* - 5 p.m. Mass
- Candlelight service - 7 p.m.
- Midnight Mass - 10 p.m.

Jewish

Max Stool, call 775-4519

Muslim

Dr. Mostafa Salama, call 768-9200

Nondenominational

- Friday* - 7 p.m. - Unity in Community Services

Protestant

- Sunday* - 11 a.m. - General worship
- Wednesday* - 12:30-2:15 p.m. - Women's Bible Study at chapel
- 7 p.m. - Choir at chapel

For more information on chapel events and services, call 298-5111.



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Mandatory enforcement of new fitness testing delayed

Airmen will continue muscle-fitness testing, push-ups and crunches on an informal, non-pass/fail basis beyond Jan. 1.

“The extra change in an already turbulent time for our Air Force was a bridge too far,” said Lt. Gen. Paul K. Carlton Jr., Air Force surgeon general. “We will continue to test as we have, delay any mandatory enforcement until our turbulence settles down, and then re-address.”

“The fitness test has been discussed at some length for the entire test period,” Gen. Carlton said. “We felt the Air Force was not yet ready to take on more change at this time.”

Physical fitness is a readiness issue and directly related to the Air Force’s ability to meet its global mission, said Col. Deneice

Van Hook, chief of the Operational Prevention Division of the Air Force Medical Operations Agency in the office of the Air Force Surgeon General.

“This temporary delay is only related to how the Air Force assesses the fitness of its people and in no way reduces the need for Air Force people to maintain an appropriate level of fitness,” Van Hook said.

All Air Force members must maintain an appropriate fitness level that allows them to perform their duties anywhere and anytime.

Muscle-fitness testing, push-ups and crunches will complement cycle ergometry testing, which is the best indicator for overall fitness.

(Courtesy of Air Force Print News)

Golf tournament huge success

Compiled from staff reports


The Laughlin Fall Classic Golf Tournament held at Leaning Pine Golf Course Dec. 1 raised a lot of money for base organizations.

Approximately \$2,600 was raised in support of Operation Jingle and the Top 3.

“A big thanks goes out to all the golfers, volunteers, golf course staff and businesses who provided donations in helping to make this event such a success,” said Master Sgt. Dave Morrison, tournament coordinator.

Joe Trevino, Mark Chavira, Cheo Ortiz and Mike Berretta earned first place in the tournament with 12-under-par. Lupe Vasquez, Todd Knight, Richard McCurdy and Lee Howard finished in second place with 11-under-par. Third place went to George Doran, Mike Clark, Oscar Zavala and Jose Musquiz who also finished with 11-under-par.

The longest drive of the tournament went to Jeff Wilcox. Mark Chavira won the closest-to-the-pin competition.

Team		Points	Bowling		Team	Points
OSS		68-28			47 FTW	42-54
Boeing		67-29			CE	38-58
DECA		52-44			SFS	35-61
Services		52-44			Commtracting	30-66